

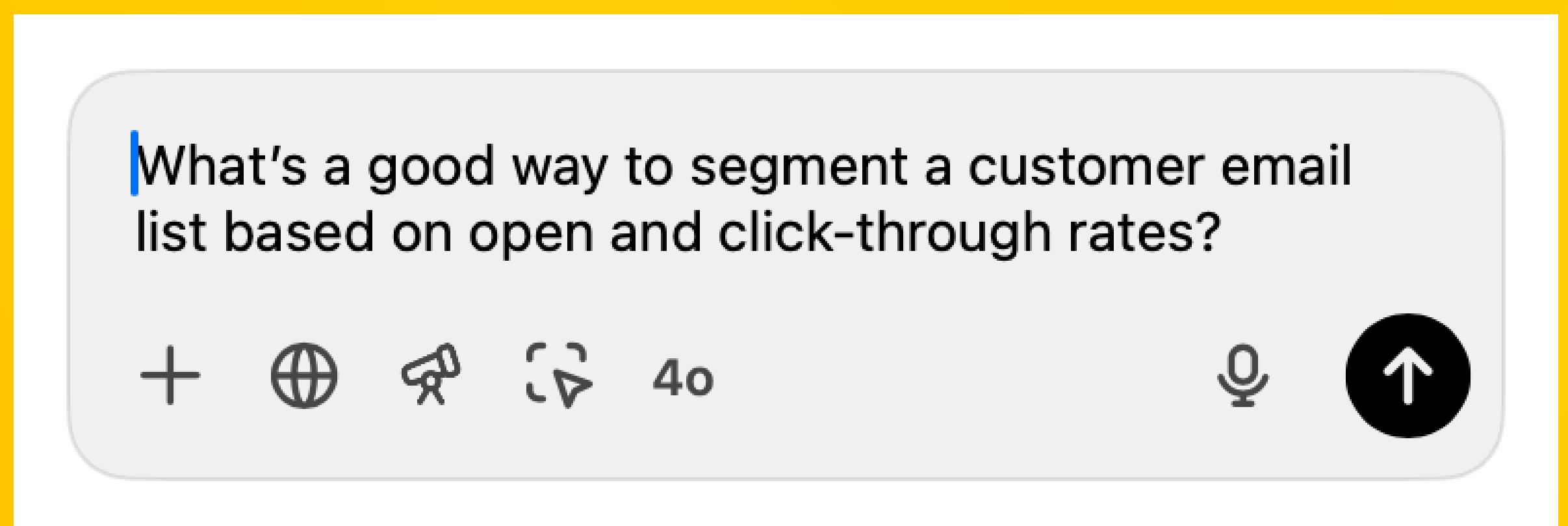
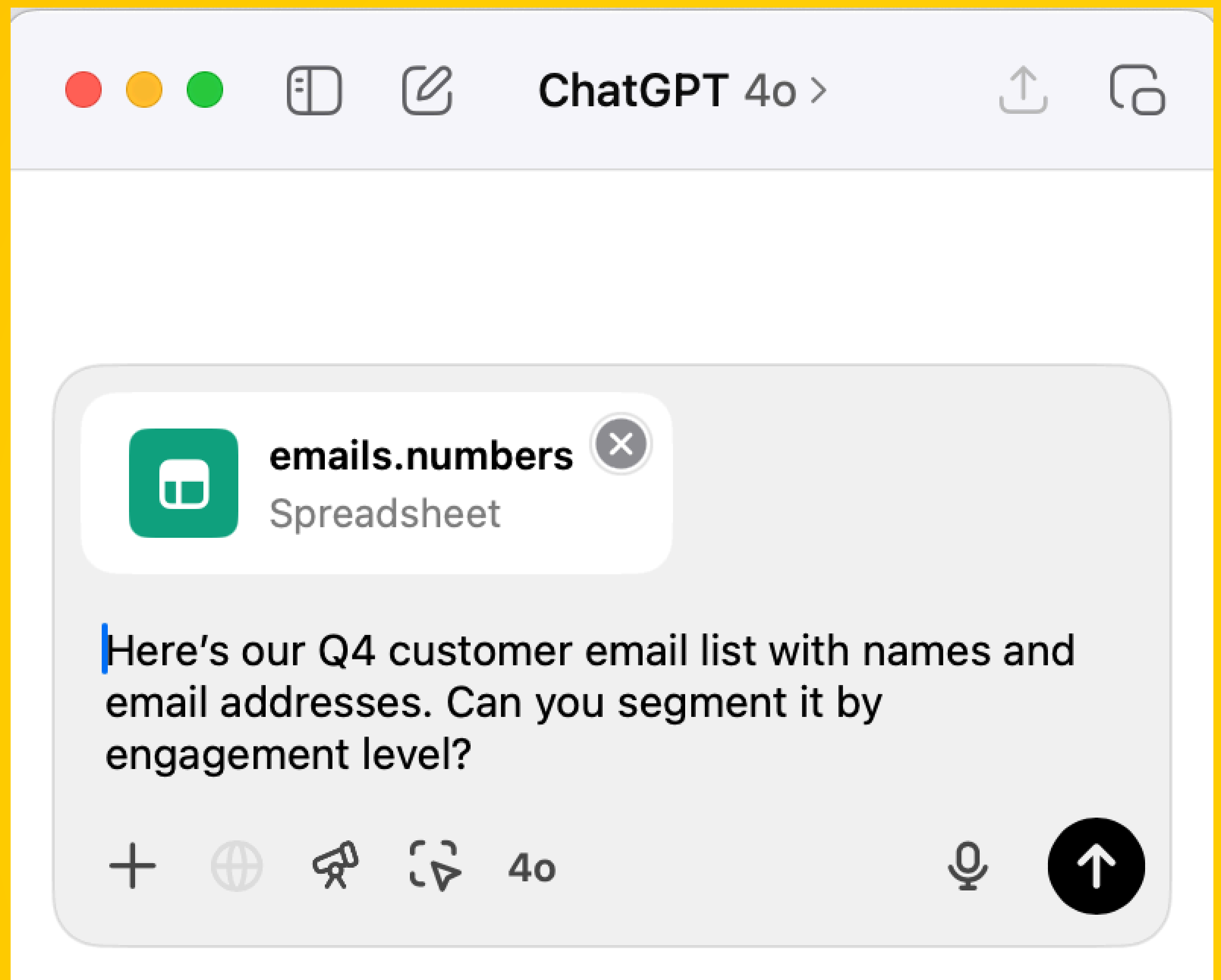
How to Prompt



**AI Tools
Safely**



Keep customer data private.



Ask health questions broadly.



Hi, I'm Lisa Bennett, my birthday is 03/22/2028, and I've been diagnosed with hypothyroidism. My doctor prescribed 75 mcg of levothyroxine, but I've been feeling tired again. Is this normal?

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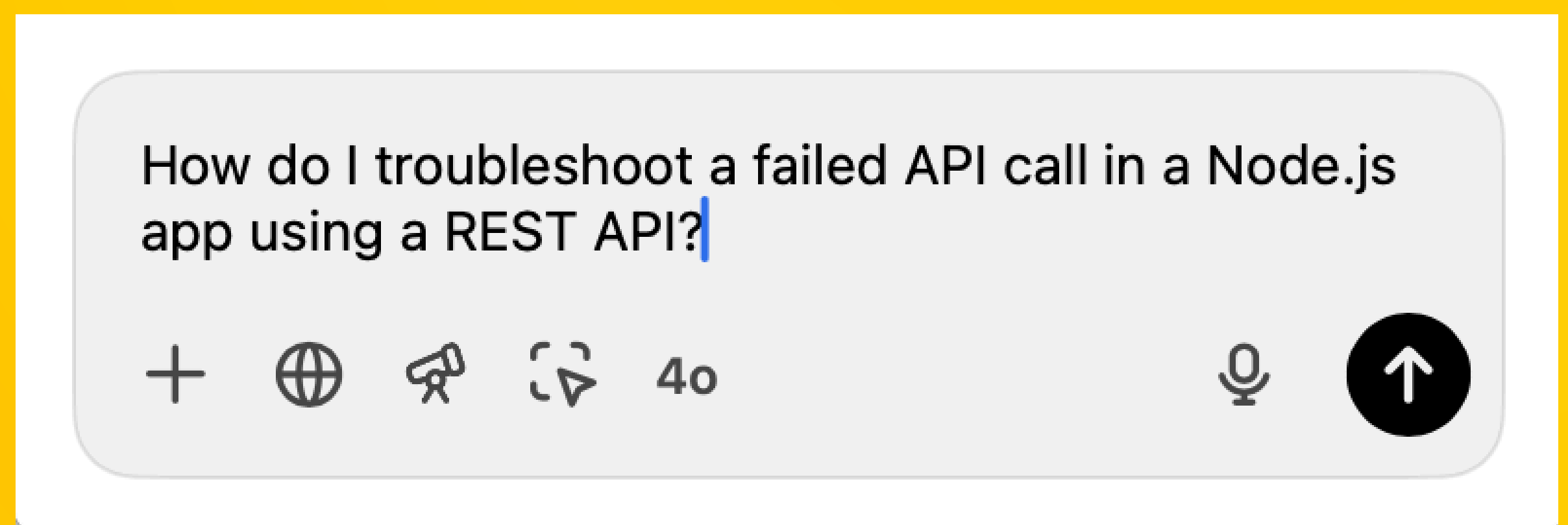
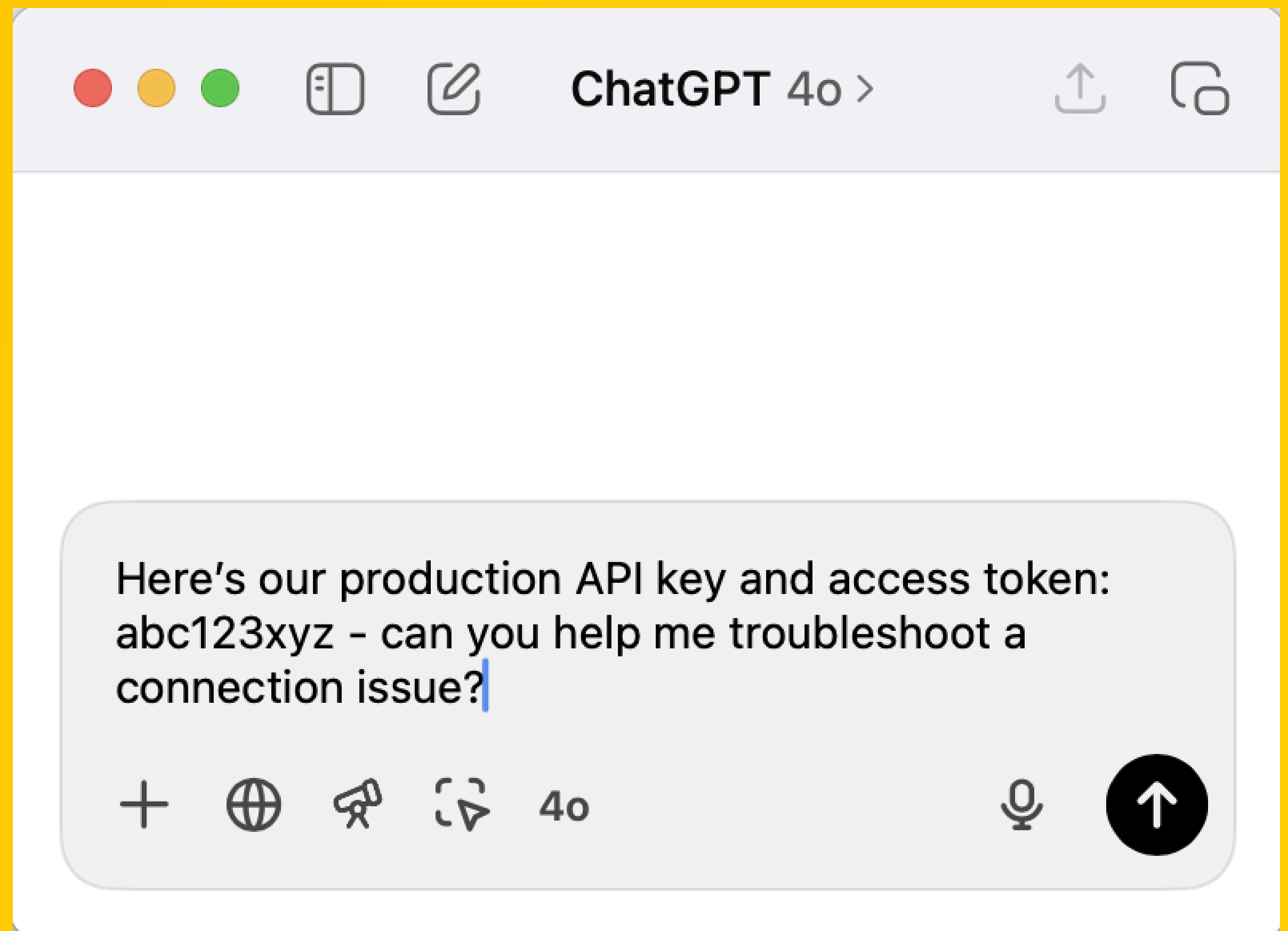


What are common reasons someone on levothyroxine might still feel tired, even after treatment?

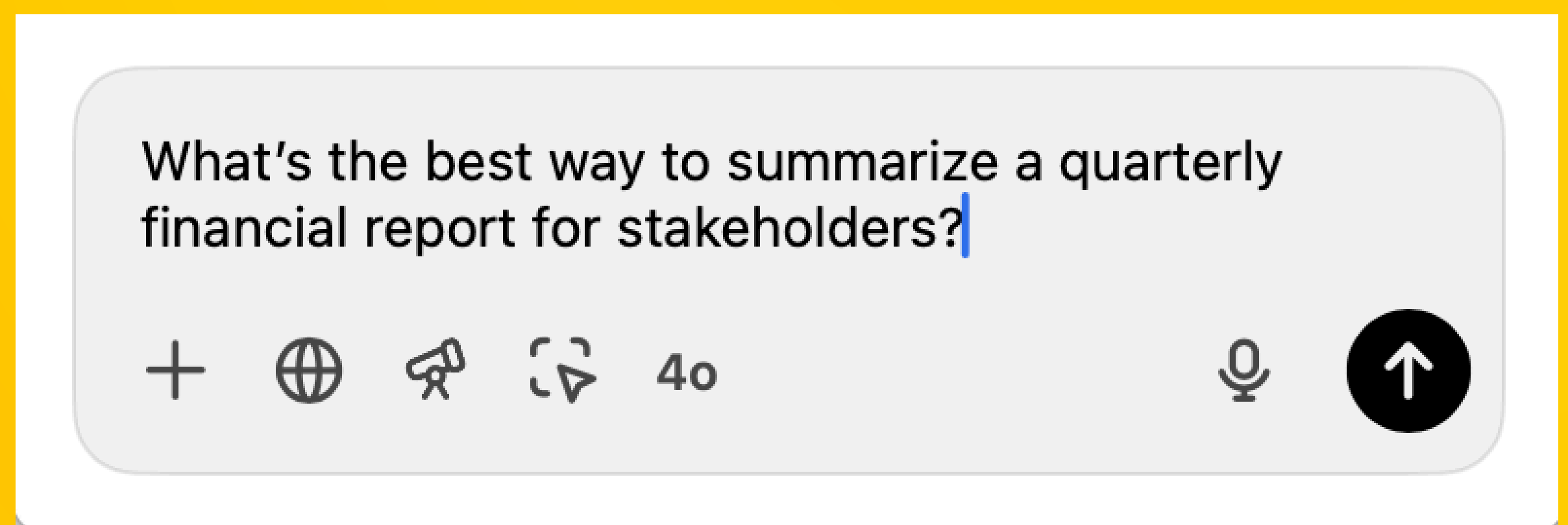
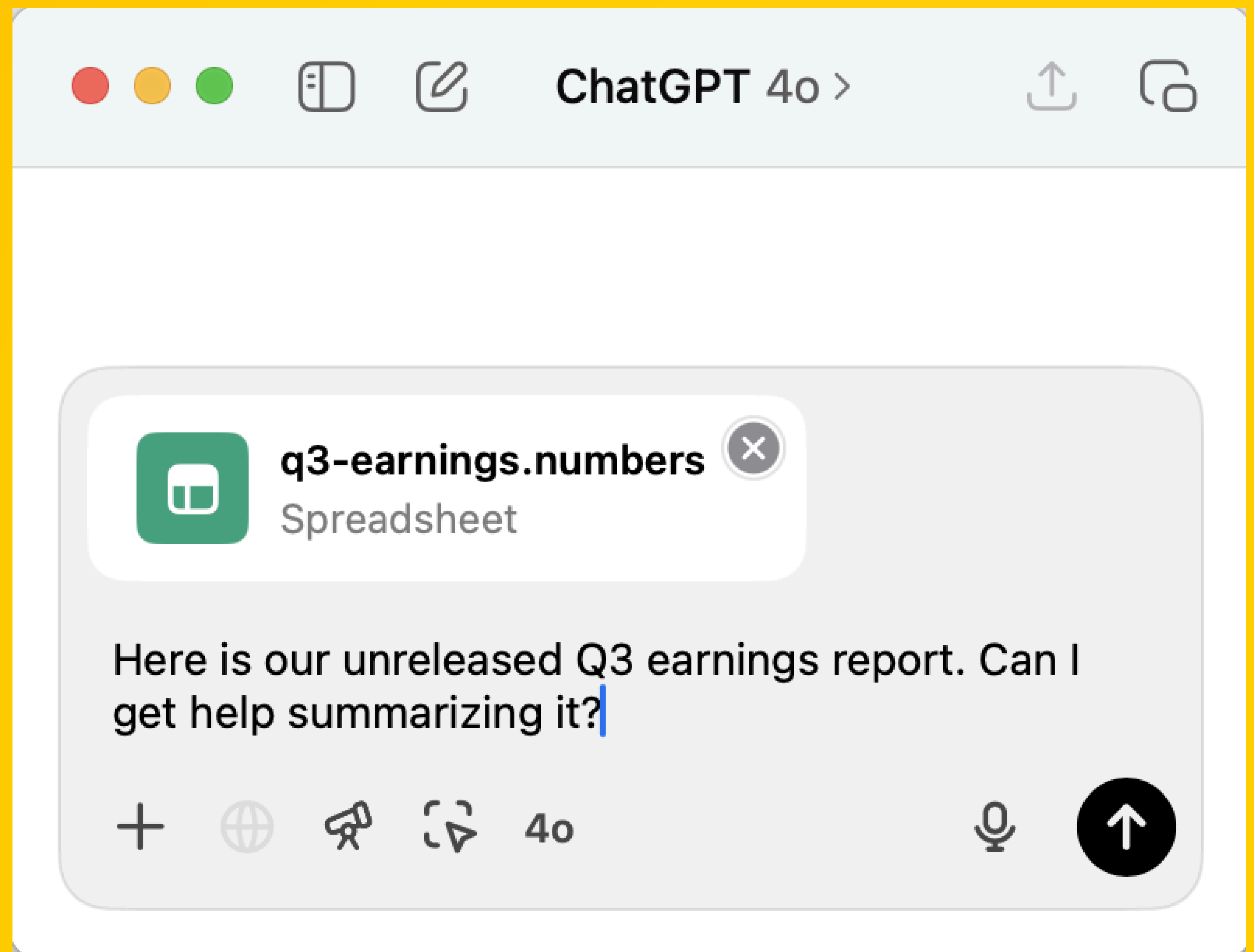
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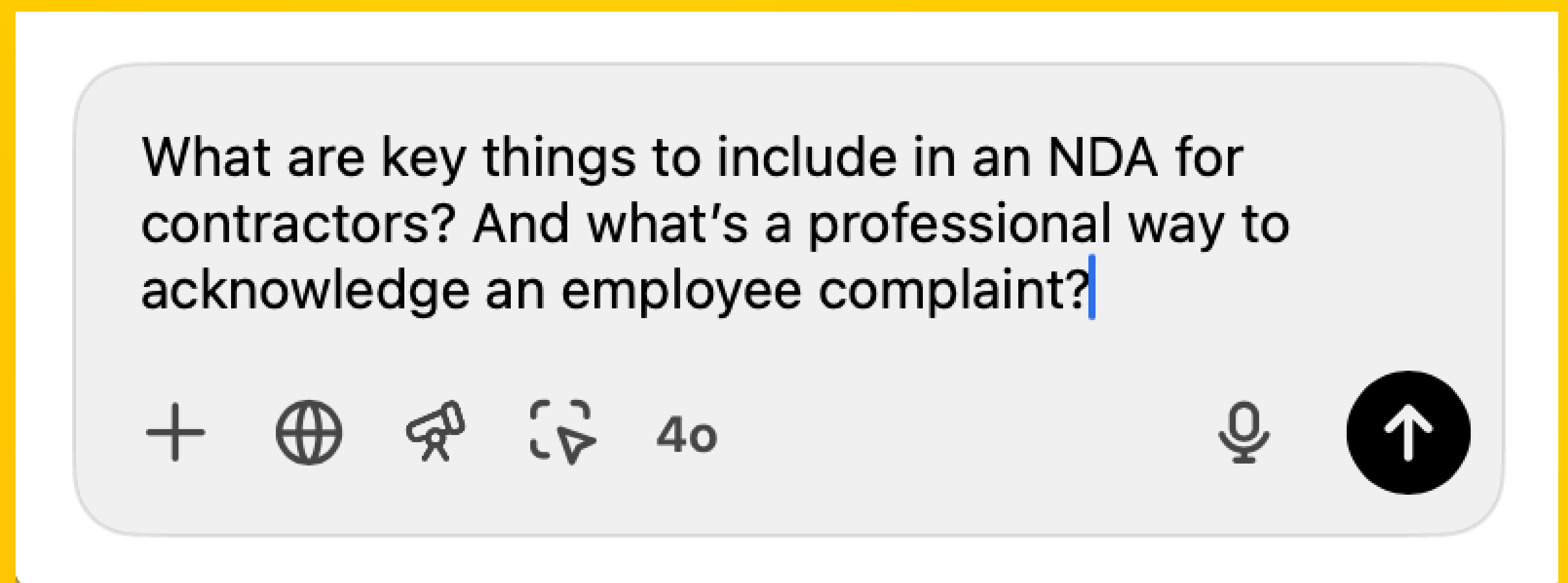
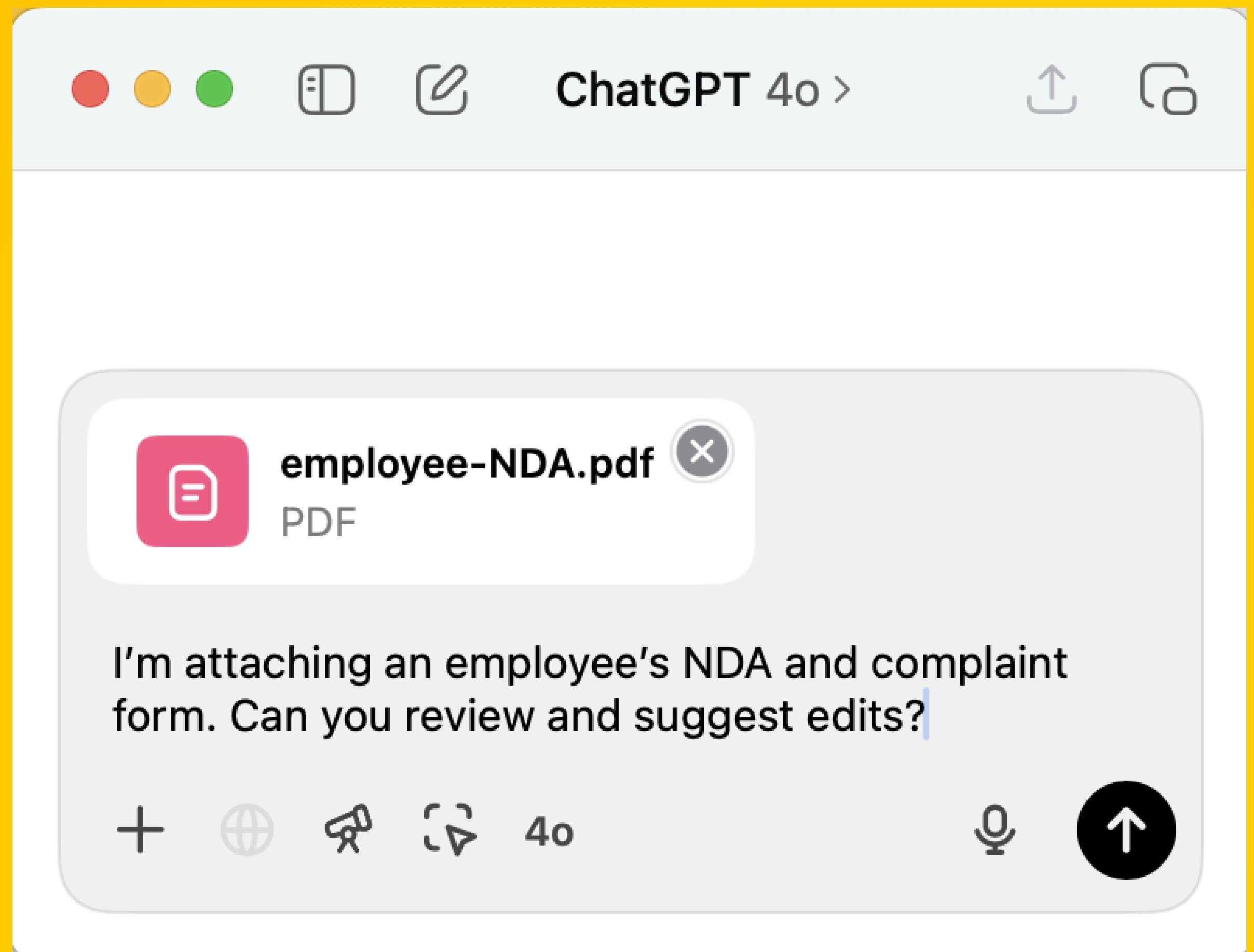
Use placeholders for credentials.



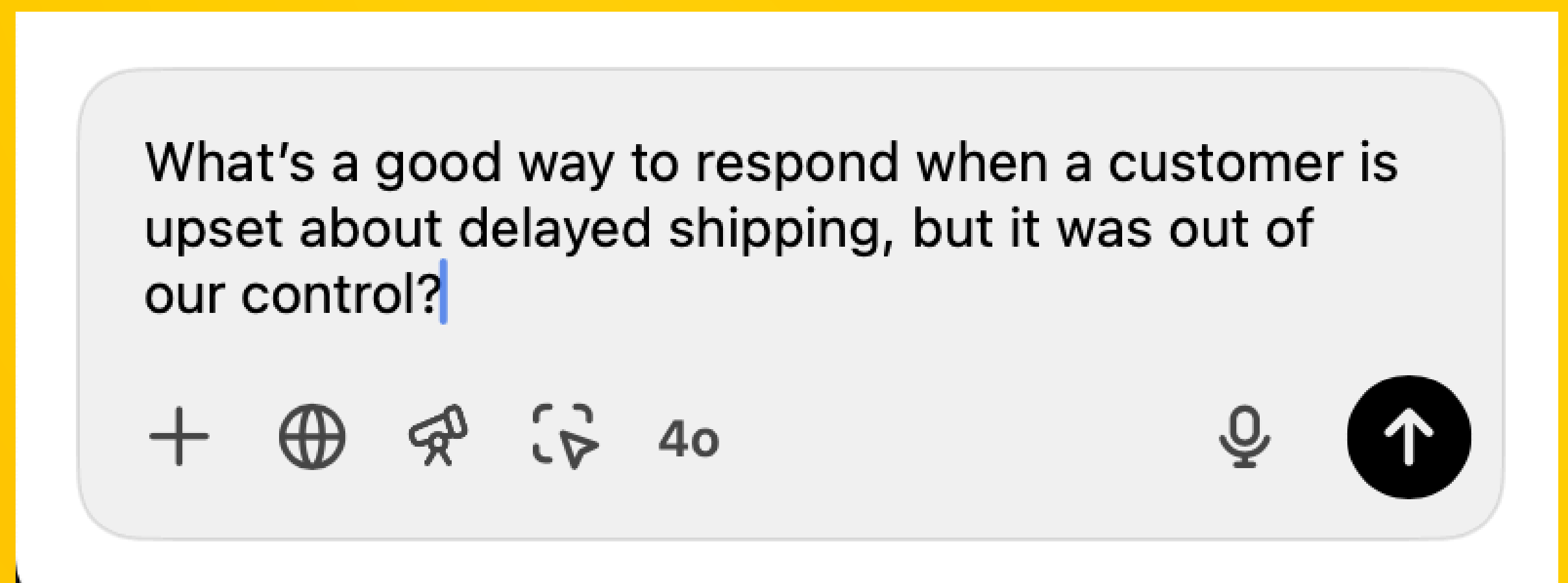
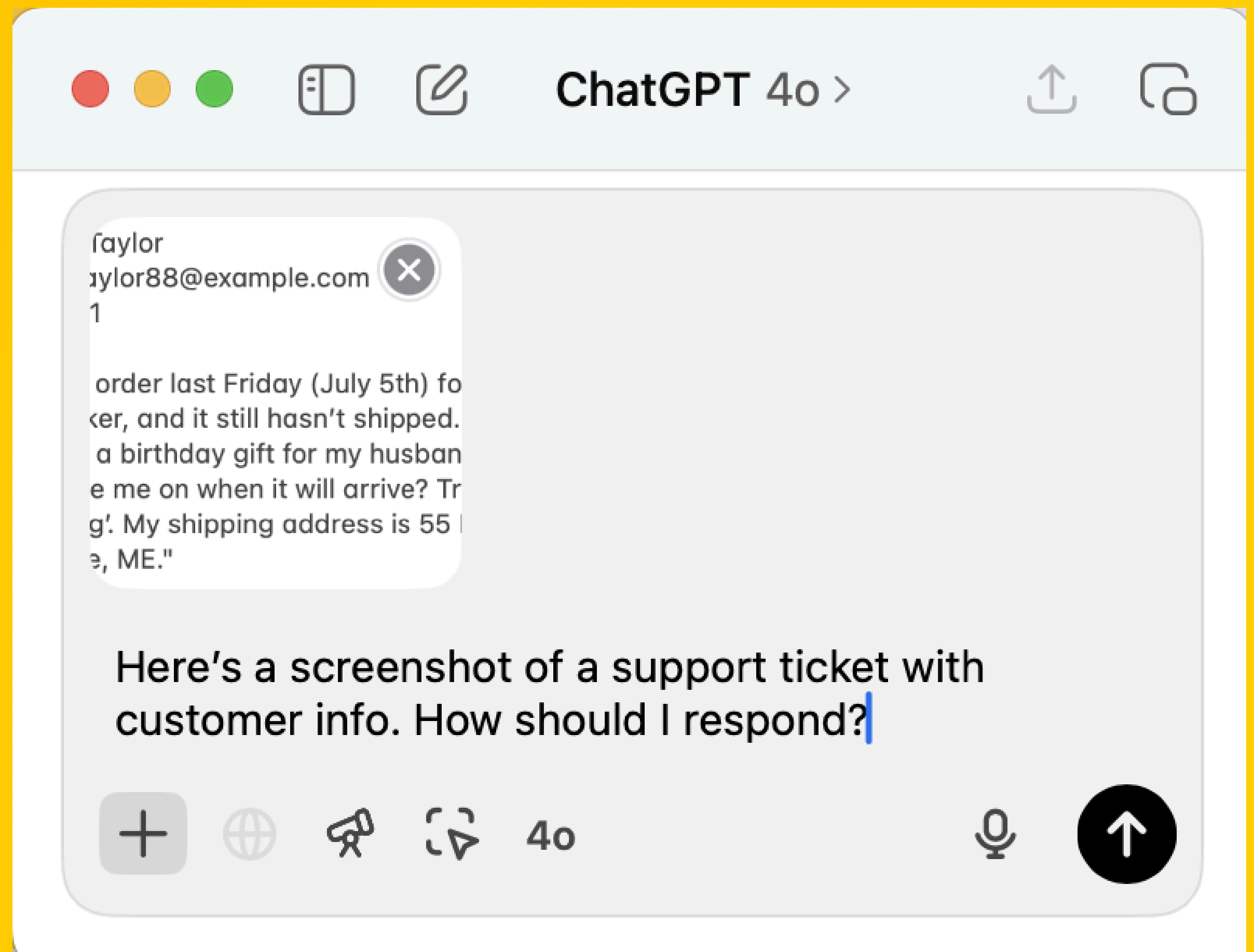
Keep internal reports private.



Keep sensitive docs private.



Avoid naming real people.



Security Awareness Simply Explained



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